

# OHUDDLE HOUR

2022/23

*Southwest Local  
Schools*



[WWW.OHUDDLE.ORG/OHUDDLE-HOUR](http://WWW.OHUDDLE.ORG/OHUDDLE-HOUR)

OHuddle Hour is an experience to promote hope, rest, fun, and self-care. Taking care of yourself takes care of our students. Sessions occur over lunch periods or before school. There is no cost to participate. All OHuddle hours are generously sponsored by community partners.

NOVEMBER

10th

## DOGS + DESSERTS

Swing by during lunch to enjoy Miss Amy's desserts and love on some therapy dogs. Leave with information about how animals can help you to reduce stress!

JANUARY

25th

## FOOD TRUCK

Take packing lunch off your to-do list and enjoy food from the food truck instead! Spin the wheel for an opportunity to pay it forward!

APRIL

12th

## MORNING MOTIVATION

Start your day off right! Come grab a coffee on your way into the building from Ott's Coffee Truck! Leave with a motivational speech to help start your day.



## PICK YOUR OHUDDLE HOURS

Take a quick 2 minute survey to pick future OHuddle Hours or share an idea that would promote self care in your building  
[www.ohuddle.org/ohuddle-hour](http://www.ohuddle.org/ohuddle-hour)

Questions? Email JRL Site Coordinator Angela Hochstetler at [ahochstetler@ohuddle.org](mailto:ahochstetler@ohuddle.org) or WHS Site Coordinator Tanya Chupp at [tchupp@ohuddle.org](mailto:tchupp@ohuddle.org)